

## WORKING WITH A LITTLE WHO HAS ATTENTION DEFICIT HYPERACTIVE DISORDER



### What is Attention-Deficit Hyperactive Disorder?

Attention-Deficit Hyperactive Disorder (ADHD) is a chronic behavioral disorder that affects millions of children in the United States and can persist into adulthood. This disorder includes problems with inattention, hyperactivity, and impulse behavior. The symptoms are the same for both children and adults but may manifest differently and can be much more subtle for teens and adults, especially hyperactivity. For example, a child may run around like crazy, while a teen/adult may be restless and have trouble relaxing. ADHD can affect personal relationships as well as school and job performance. The symptoms need to be present in more than one environment, such as at home and at school, to be diagnosed as ADHD.

### What are the symptoms of Attention-Deficit Hyperactive Disorder?

#### Inattention

- Often does not play close attention to details or makes careless mistakes
- Often has trouble sustaining attention in tasks or play activities
- Appears not to listen even when spoken to directly
- Has difficulty following instructions and completing tasks

- Often has problems organizing tasks or activities
- Avoids or dislikes tasks that require sustained mental activity
- Frequently loses needed items, such as glasses or car keys
- Is often forgetful
- Is easily Distracted

### Hyperactivity

- Frequently fidgets or squirms
- Often leaves one's seat when expected to remain seated
- Constantly feels restless; runs or climbs when inappropriate
- Always seems to be on the go
- Talks excessively
- Has difficulty doing tasks quietly

### Impulsivity

- Often interrupts or intrudes others' conversations
- Blurts out answers before questions has been completely asked
- Has difficulty waiting one's turn

### Online Resources

- <https://chadd.org>
- [www.nami.org](http://www.nami.org)
- <http://kidshealth.org>
- [www.healthyplace.com](http://www.healthyplace.com)

### Tips for Bigs

- Gain an understanding of ADHD & how it affects your Little
- Be in good communication with your Little's parent/guardian regarding changes & concerns
- Don't blame/punish your Little for having ADHD
- Be flexible & patient with your Little
- If your Little is hyperactive, then try doing activities where your Little can be active & get their energy out
- Keep your Little busy with different fun/engaging activities
- Set appropriate boundaries & limits for your Little
- Work on helping your Little be focused & organized, especially with schoolwork
- Help your Little build his or her self-esteem
- Focus on your Little's strengths
- Always let your Match Support Specialist know of any changes & concerns you have
- Recognize how much of a difference you can make in your Little's life, while recognizing that your Little may also need professional help